



#### IN THE CITY:

A moment in time  
Photographer Michael Belf's  
best shot of the week **P. 4**

#### SPACES:

Restored building serves  
as a reminder of the past  
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Nine tools to create your  
own dream chef's kitchen  
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## TARA FINDS HER PLACE

STARTING WITH HER OWN DAUGHTER,  
MARGOT SCHMIEDGE HAS GIVEN HOPE  
TO PEOPLE WITH KABUKI SYNDROME **P. 5**

FREE



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The Leader-Post Foundation is a not-for-profit, independent charitable organization that provides financial support to people and projects throughout southern Saskatchewan. Since 1989, the Foundation has awarded more than \$415,000 in scholarships and bursaries to outstanding Saskatchewan students.

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Margot Schrimmer advocates for people with Koblen Syndrome, a neurocognitive disorder that made it difficult for her and sensory disabilities that affect her daughter. **Jack, QC PHOTO BY TROY FLEECE**

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The Superstore at Residence built in 1904 and located on the grounds of the Rossmore Farm Park in Saskatoon has been restored to its former glory. **QC PHOTO BY MICHAEL BELL**

## QC COVER PHOTO BY TROY FLEECE

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# IN THE CITY

# MARCH 15, 2015 - 12:35 P.M.

## Hockey day in Regina



Robert Pennock (far right) and his son Jason (middle right) join an Hayden Pennock (left) on a small version of hockey at the Hometown Hockey Tour held at City Square, Place II Regina, QC PHOTO BY MICHAEL BELL

# ON THE COVER

Having a child with a disability can really make you feel like an island.

— Margot Schmiedge

# FOR THE LOVE OF TARA

## Hands-on approach made a world a difference

By Rachel Psutka

Tara Schmedge curls up on a pile of fluffy white pillows, snuggling on a circular bed suspended like a cloud from the ceiling of her basement living quarters. Her mom, Margot, crouches to visit to her. And in a room, to look through family photos. Childhood scenes of Tara and her three sisters quickly transition to a newborn baby, peek and cooed. — Tara is now an adult, and Margot is a grandmother. The two laugh as they sway gently back and forth, two years in a floating pod.

Tara, 35, has Kluver-Bucy Syndrome, a relatively rare genetic disorder that causes cognitive delays, behavioural issues and a wide range of medical problems.

These days, Tara is at ease in her world. She shares a northwest Regina home with another young woman with a disability and the support workers who come and go around the clock. She has a specially designed, one-on-one day program that meets her needs. Her parents, Margot and Don, visit regularly and make sure her life is full of love and encouragement. They have fought tirelessly to make sure she has adequate support to do the best she can with her abilities.

♦ ♦ ♦ ♦

As most families with a disabled child find out, it's never easy.

The Schmedges started taking Tara to Winnipeg for sensory therapies as a preschooler before she was diagnosed. They knew she had cognitive delays, something they could see when comparing Tara's development to that of her two older sisters, Leah and Kyle, and younger sister Emma.

Doctors originally thought Tara might have meningitis, encephalitis, since Margot had a family member with the neurological disorder.

"We knew that wasn't likely the right syndrome," Margot said, noting Tara's cognitive delays didn't fit that diagnosis.

Continued on Page 8



Margot Schmiedge and her daughter, Tara, who has a rare genetic disorder called Kluver-Bucy Syndrome. (CPG PHOTO BY TRACY FURNESS)

# What's in Your Beauty Products?

The average woman applies more than 500 chemicals daily.

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Every day billions of women slip on body moisturizer, apply lipstick or mascara without a second thought about what they are putting on their skin. A study from the UK claims that the average woman applies more than 500 chemicals to her body every day during her beauty routine.

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Chemicals such as parabens (a synthetic preservative in everything from toothpaste to shampoo) and phthalates (a class of chemicals that are found in many "fragrances") beauty products such as lotions, perfumes and deodorants are classified as endocrine disruptors. Xeno-Detox is named our natural estrogens creating hormone chaos by increasing the total amount of estrogen, resulting in a condition called estrogen dominance. Estrogen dominance has been implicated in many conditions including: breast and prostate cancer, obesity, infertility, endometriosis, uterine fibroids, early onset puberty, hormonal acne and PMS.

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Little things like that started adding up to provide a bigger source of information. It's funny how things snowballed. I never set out to do this, never — Margot



Margot Scheraga started a website, The Kikuchi Syndrome Network, which is a resource for people looking for help with the rare disease. (PC Photo by Tracy Hult)

"Then Tim was diagnosed with Kikuchi Syndrome by a Winnipeg paediatric at 4 1/2 years old. It was a relatively newly categorised disease first described in 1983 by Japanese scientists."

"Raising a child with a disability can really make you feel like an island," Margot said, "paired with a comfortable chair in her knee a few minutes drive from Tim."

"You try to maintain your friendships from before, and you do, but your life goes in a whole different direction than the majority of people."

It was that isolation that encouraged Margot to get a letter in a medical genetics journal about a year after Tim was diagnosed.

Using a family friend's then advanced method of communication — an email address — she was soon inundated with requests to help in, both and share information about Tim's development and challenges. They quickly had to turn to a computer and a dial-up Internet connection for their own.

A website was also necessary. But in the mid-1990s, it wasn't quite as easy as it is today to post things to the Internet, much less web.

Margot enlisted the help of her brother, Rob Zwerl, and his partner Jackie Besser. The two technologies made Margot's dream for a network where families could connect and share information a reality.

And so the Kikuchi Syndrome Network

(KSN) was born. If you search Google for Kikuchi Syndrome, this is what you'll find.

Over the past two decades, Margot has fielded thousands of requests for information in multiple languages from her home. Some were from researchers, other requests were from families unsure of where to turn with their new diagnosis.

Her background as a nurse — she started working when Tim was born — helped in explaining the complicated terms to other parents including writing a medical dictionary.

Nevertheless, there was one step. They were grateful and needed out for years before moving to an online format. Researchers came out in several languages — Margot got a language school to translate portions of the website into Spanish to meet demand. She even reached out to geneticists and doctors to write articles (that the average parent could understand).

"Little things like that started adding up to provide a bigger source of information," Margot said. "It's funny how things snowballed. I never set out to do this, never."

From supporting newly-diagnosed families including her help in creating doctors' letters to explain the disorder as layman's terms, the quiet firm behind a mountain of information has been generously submitting not only what's best for Tim, but what works for other children around the world with the condition.

Support the Canadian Women's Foundation by Purchasing **WOMENSENSE**™



Preferred Nutrition

Everybody that gets to know Tara falls in love with her. She has challenging behaviours but once you know how to go around that, she's really very endearing and so truthful — Margot

"She's really an amazing, one woman magician," said Dana Levinson, a Minnesota mom of a seven-year-old girl who also has Kabuki Syndrome.

When Levinson's daughter was diagnosed as an infant in 2006, she soon found there wasn't much to get support for a syndrome with so little info around one in 10,000. Reaching out to Margot and the KSN was a major step in learning how to live with the diagnosis.

"Kabuki was first discovered in the 1800s and really since then (Margot's) been the main person providing info identifying professionals, connecting families," Levinson said.

Levinson not only worked to learn more about the syndrome but also became involved in helping shape what the KSN could become. She's leading the organization's efforts for the first ever Kabuki Syndrome conference, which will take place at Johns Hopkins University in Baltimore this summer.

Meeting other families who have a child with Kabuki Syndrome has been "so helpful," Levinson added.

"There are kids that tend to have developmental issues. My daughter wears hearing aids and she had a feeding tube, so just meeting other kids that may have had similar experiences is good for her for having a social support group, too."

KSN has also been a support for the Schmüdgen, leading to long term friendships and visits while vacationing, but it didn't always hold the answers to every problem.

"There is definitely an ongoing end of physical disability and sensory issues and because of that she had many, many behavioural issues from about 15 on," Margot said.

It was something that the family had to face mostly as their own. Their lives got "very complicated."

In some instances, Tara would hit and take. Her obsessive tendencies and tantrums were a part of daily life.

On a family camping trip, Margot brought along Tara's favourite cookies — a huge motivator for Tara at the time — but she wouldn't eat them. She finally touched, food the whole weekend.



## What is Kabuki Syndrome?

- First described in 1961 by Japanese scientists and named after affected individuals. Most reminiscent to traditional Kabuki makeup.
- Affects anywhere from one in 10,000 to one in 30,000 live births.
- Caused by *KMT2D* gene mutation in one of two genes.
- Wide range of congenital problems can result from heart defects to kidney issues to recurrent ear infections.
- Also a wide range of cognitive and intellectual disabilities, from mild learning disabilities to autism-like syndromes.
- No known impact on lifespan, although the syndrome has only been reported for 34 years.
- Research continues to the genes causing Kabuki Syndrome. A recent study by Johns Hopkins researchers in mice with a gene for change similar to Kabuki Syndrome reports that the use of an antibiotic drug can "open up" DNA, leading to improved mental function.

Tara Schmüdgen has Kabuki Syndrome, a rare genetic disorder that leads to cognitive and sensory disabilities. (COURTESY OF TARA PARENT)

I think you have a choice to make when you have a child with special needs. You either work very hard at it, or you drown in the immensity of it. And I think Tara taught us the patience. —Margot

"We got back home and we're in packing the back, and she brings her cookies to the cupboard where the cookies go. She sits down, goes back to the cupboard, takes the cookies out and starts eating." Margot said. "Those cookies had to come out of that cupboard."

School also became too much for her. Tara stayed in high school until 22, but was only managing a couple of hours per day by her last year.

Judy Humphries, Tara's former student support services teacher at Mitchell A. Weiss High School, said the system can be hard to navigate for parents who aren't sure what their options are for their child's post-high school life.

"The transition is difficult sometimes for the students themselves because they've been at their par-ticular school for up to eight years, some of them. It's hard to leave," she said.

For students like Tara, the exact age day programs may not be the right fit.

"There were things that Tara's parents have would not work for her," Humphries said. "They could've just thrown up their hands and said, 'We give up, wherever she ends up will be fine, but that's not what they did.'"

Instead, Margot designed a day program for Tara that came with one-on-one support. She does various tasks during the day from collecting recyclables to delivering Meals on Wheels. In summer, she waters community gardens.

It's a different path than some other young adults with disabilities take, and one that required letter writing and many meetings.

"This is a lot of a door myself, it's in my nature. We had to really fight to get her what she needed," Margot said.

All young people with cognitive disabilities should have those kind of parents," Humphries added. "They need someone that's just looking out for them."

Tara was finally designated as "cognitively disabled" — a designation not given lightly.



Tara Schneider (right) and her younger sister Erica. Photo by Courtney Schmidt, Hawley.



Tara Schneider rides an adapted bike with her dad Dave.

If money then has access to special funding for her housing and day program.

The Schneider's advocacy work for their daughter is far from done. Her home had three other young women with disabilities when she first moved in and then had daily meetings over the problems of living away from her parents and the constant stream of visitors and staff.

"It was very very difficult for

them," Margot said. "We tried to get parents. We'd go to the house before anyone was living there, show her where her bedroom would be."

But it didn't sink in and the first year was terrible.

Daily panicked phone calls begging to come home were hard to hear.

But it was an important step for not only Tara, to make, but for her parents, as they too needed to have some agency. And once two of the not



Tara Schneider as a baby.

idents were moved to a new home. It became a lot easier.

"I like that we get to enjoy her now. I really like that. It's not that we never enjoyed her, but I really just enjoy her now."

There is doing "amazing" these days, she added.

She's a sweetener, an absolute sweetheart. Everybody that gets to know Tara falls in love with her. She has challenging behaviors but once you know how to go around that she's really very endearing and so beautiful.

The efforts they've put in over the

years have not only improved their own lives, but those of many other families with Kluver-Bucy Syndrome. Yet, Margot doesn't think they've done anything extra special.

"There are parents that believe that it takes special parents to raise a child with special needs, but I don't share this philosophy," she said.

"I think you have a choice to make when you have a child with special needs. You either work very hard at it, or you drown in the immensity of it. And I think Tara taught us the patience."

owen@hwynews.com



# SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email [qc@leaderpost.com](mailto:qc@leaderpost.com)

## # SASKATCHEWAN'S BEST SPACES

# Restored building serves as reminder of the past

By Jenn Sharp

**WHAT?** A red brick house that was built as a residence for the superintendent of the Forestry Farm Park in Saskatoon. At that time, the site was the Sutherland Forest Nursery Station (part of the PRRA or Prairie Farm Rehabilitation Program). At one time, the grounds of the site had Canadian shaped seven redwood trees annually to ferns for shelterbelts, which helped protect land from drought and wind.

**WHEN?** The house was built in 1953. The house passed through the Forestry Farm House formed in 1990 to meet the challenges of severe, restoring and renovating the building, which was slated for demolition.

**WHY?** The house got a 10-year lease on the building from the City of Saskatoon. They raised the money and did all the renovation work. The Forestry Farm (and the Superintendent's Residence) is now a protected National Historic Site.

The first superintendent was James MacLennan. He, his wife and three children moved to Saskatoon Farm near Saskatoon where they lived in a sad house. They stayed for the next 25 years.

**HOW?** Almost everything, including the hardwood flooring, is original to the house. For a time, the house was used as offices for the zoo. The walls were old blue paneling that later had to be removed.

The kitchen is modern as it is used for hosting fund-raiser dinners. The city also converted the Forestry Farm house into a site for exhibits or family museum. There is a deck patio and a large lawn surrounding the house.

**WHY?** The Friends of the Forestry Farm House didn't want to see an important piece of Saskatoon's history disappear. "That happens too much! I think in Saskatoon," says group member Cindy Curstman. "With a little bit of maintenance and upkeep you can keep them in good shape. This house would have been in the state it was in had the city took care of the roof and kept the heat on inside. But it will cost light."

Aspen @ Saskatoon Museum  
Twitter: @SaskatoonMuseum



# ON THE SCENE

## # MICHAEL BELL'S LIGHT PASSING THROUGH GLASS EXHIBITION

**Vivid Abstract, Mysterious**  
Photographic art enthusiasts also gathered at The Hague on March 11 for the opening reception of Michael Bell's Light Passing Through Glass exhibition. The collection of photographs are the result of Bell's "highly technical and inquisitive pursuit of light refraction through clear glass marbles."

This is the first fine art exhibition for Bell, who is a weekend movie photographer at the Leader Post, as well as a freelance photographer for The Canadian Press and The Globe and Mail.

The exhibition will be on display at the gallery at 1943 Hamilton St. until April 16.

9C PHOTOS BY MYRA SCHALLERER







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# ON THE SCENE



1. Michael with his parents Ken and Carol Bell

4. Heather Polachuk and Natasha Lajani

7. Clifford of the exhibit Tim Fellers and Cathy Richardson

2. Jilly Hyndman with her daughter Chloe Hankewich

5. Emma and John Greany

6. Michael Bell with his work.

3. Arneva Bhanderkar

8. Ken and Carol Bell show their granddaughters Mattie Bell some of the photos

9. Marian Donnelly

10. Adam Smith with Volo and Vive Nelson

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## EVENTS

What you need to know to plan your week.  
Send events to [QC@leaderpost.com](mailto:QC@leaderpost.com)

## # MUSIC

Wednesday, March 18

**Wednesday Night Folk Bilkenny**  
Bathwaiker, 2205 Dewdney

**The Alley Dogs**  
Lewak's Tavern, 2030 Albert St.

Thursday, March 19

**Colts Juice**  
Centre Regina Show Lounge  
8610 Saskatchewan Dr.

**Live music**  
Fut. Bridger, 1852 Scotch St.

**Queen City Rocks**  
The Wolf battle of the bands  
The Exchange, 2431 14th St. Ave.

**Real McKenzies, Lethbridge**  
McNally's, 2226 Dewdney Ave.

**Lori Kile**  
The Pump, 641 Victoria Ave. E.

**The Tourist Company**  
Artful Dodger, 1631 11th Ave.

Friday, March 20

**Open Jam**  
8-11 p.m. Eastview Community Centre,  
615-655 Ave.

**Weekly Drum Circle**  
Instruments provided  
7:30-9 p.m., The Living Spirit Centre,  
3918 Down Dr. Off Mill, 360-550-5

**Method 2 Madness**  
McNally's, 2226 Dewdney Ave.

**Diamond & The Dug**  
Broadway Lounge, 1507 Broadway  
Leth.

**Lori Kile**  
The Pump, 641 Victoria Ave. E.

**Academics**  
O'Henry's, 1947 Scotch St.

Saturday, March 21

**Open Acoustic Jam**  
3:30-8 p.m.  
Broadway Lounge, 1507 Broadway  
Leth.

**Wakato Choir**  
8 a.m. Faith Baptist Church, 437  
Broadway Ave. E.

**Seak Sammler**  
Featuring Colter Wall, Friends of



*Joia Modakute performs Saturday at the Casino Regia Show Lounge. QC staff/Heidi in "Real McKenzies"*

**Joia Modakute performs Saturday at the Casino Regia Show Lounge. QC staff/Heidi in "Real McKenzies"**

**Enigma Visions**  
Pulsar Synchroplex Orchestra Musicale  
Masterworks  
8 p.m. Canadian Arts Centre, 200  
Lambton St.

**Chad Brownlee, Joia Modakute,  
Robby Wille**  
Casino Regia Show Lounge  
1507 Broadway Leth.

**Method 2 Madness**  
McNally's, 2226 Dewdney Ave.

**Lori Kile**  
The Pump, 641 Victoria Ave. E.

**Eve n Dobson**  
Artful Dodger, 1631 11th Ave.

**Diamond & The Dug**  
Broadway Lounge, 1507 Broadway  
Leth.

**Behind the Songs**  
Featuring Jack Sample, Danny Officer  
and Val Halla  
8 p.m. Creative City Centre  
1843 Hamilton St.

**The Millenium's Sons**  
8 p.m. Tumblers, 2108 Grant Rd.

**Sunday, March 22**

**Wakato Choir**  
10 a.m. Celebration Lutheran Church,

**Carl Johnson and Drake Mark**  
O'Henry's, 1947 Scotch St.

## # VISUAL ART

**Quotient**  
Susan Stutz and Evan Tyler's  
two-person show of performative  
photography. Both artists use state  
narratives, which they animate as  
actors in dramas that each directs  
and then visually re-enacts.

Until April 24, 9 a.m.-2 p.m. Monday  
to Friday

Reception: March 19, 4-8:30 p.m. U of  
L University Club, College Meun room  
219.

**Undergrowth: Brenda Schick**  
Intuitive organic patterns influenced  
by nature's creatures delicately re-  
minded in profile.

Until March 26, 10-5 Fine Art Gallery,  
2018 Kinsella St.

**Landscape and Sky, People a nd  
Place: Contemporary Canadian  
Fine Art**

The Artists of South Nischoen Fine  
Art

Until March 22, Government House,  
4697 Dewdney Ave.

**Intimate Details in Textures**  
A collection of 18 framed prints on  
archival watercolour photographs  
paper. Through the camera lens, the  
artists have probed and explored  
textural elements in the everyday  
world of fabric, earth, stone, exotic  
and more to be seen beyond the  
which is in front of us and to experience  
a powerful visual impression  
and examine more deeply the notion  
of texture.

Until March 30, Artful Dodger, 1631  
11th Ave.

**Material Girls**  
Works by 24 female artists of different  
ages, from a variety of disciplines  
and cultural backgrounds, explore both  
traditional and new media overlaid  
the serenity with bright colours and  
decorative motifs.

Until April 5, Dangle Central Gallery,  
201-12th Ave.

**Persons of Interest**  
Is this moment public or private?  
Recorded or unrecorded? Intimate or  
anonymous? More than ever before  
we see ourselves in the media. From  
however art being seen. Art by Wen-  
covey artist Kim Linn.

Until April 5, MacKenzie Art Gallery,  
3475 Albert St.

**Light Penning Through Glass**  
Michael Smith's photographs display

A highly technical and inquisitive  
pursuit of light refraction through  
coloured glass marbles.

Until April 18, Hugue Gallery, Creative  
City Centre, 1843 Hamilton St.

**Martin Cole Defiance of a Lifetime**  
Until April 18, MacKenzie Art Gallery,  
3475 Albert St.

**Moving Forward, Never Forgetting**  
This exhibition creates a space for  
intercultural dialogue and storytelling,  
emphasizing sharing, empathy,  
and deeper understanding of what it  
means for indigenous and non-indigenous  
peoples to co-exist in these  
territories.

Until April 19, MacKenzie Art Gallery,  
3475 Albert St.

**Tecia Middleton: Joy is just mellow-  
dichy with a really strong sense of  
purpose**

An immersive installation by Mon-  
treal-based artist Tecia Middleton.  
An ongoing marriage of materials and  
process, Middleton's practice incor-  
porates textiles and objects from  
consumer culture, organic elements,  
byproducts from studio production,  
and all manner of building and craft  
supplies. Until April 22, Dangle Art  
Gallery — Sherwood Village Branch,  
6121 Rockdale Blvd.

**Annual Salon Show**  
Until April 25,  
Art Gallery of Regina, 181 Salford  
City Arts Centre, 2430 Elphinstone  
St.

**Landscape and Sky: Contemporary  
Canadian Fine Art**

The Artists of South Nischoen Fine  
Art

Until April 20, Regina-Centre Crossing,  
1621 Albert St.

**A Lethbridge Gallery**  
2245 Salford St.

**Open Tuesday to Friday, 10 a.m.-5:30  
p.m., Saturday 10 a.m.-5 p.m.**

**National Ground**  
9200-1056 Scotch St.

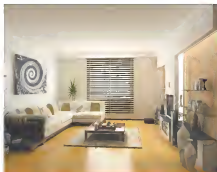
**Open Tuesday to Saturday, 11 a.m.-5  
p.m.**

**Nouveau Gallery**  
2436 Albert St.

**Open Tuesday to Saturday, 10 a.m.-5  
p.m.**

**Golden Bell and Fine Arts**  
Old and new paintings by Chinese arti-  
sts. Lethbridge, 1843 Hamilton St.  
2232 Scotch St. Open Monday to Sat-  
urday, 12 a.m.-5 p.m.

**Events continued on Page 14**



[www.reginahomebuilders.com](http://www.reginahomebuilders.com)



Regina & Region  
Home Builders'  
Association



# EVENTS

## # COMEDY

**The Laugh Shop**  
Live stand-up comedy Saturday  
night, 9:30 p.m.  
Ravenna Hotel, 1111 Victoria  
Ave.

## # PERFORMANCE

**Genelia 390**  
Watermark Theatre has commissioned new short plays designed to spark conversations about the future of our country. The audience's responses will be shared with other Canadians through an interactive website and other new initiatives to expand the conversation and keep the dialogue going.  
March 11, 6-8 p.m.  
The Artscape, 2627 139th Ave.

**Wesley Kival**  
Golden Apple Theatre cabaret series featuring Vancouver comedians and wife duo Scott Forrie and Lorna Joy.  
March 16, 8 p.m.  
The Artscape, 2627 139th Ave.

**Ward List Poetry Slam**  
March 20, 7:30 p.m.  
Creative City Centre  
84-83 Hamilton St.

**Spring Fever: Spring Hits Revue**  
Queen City Cabaret Theatre  
live show featuring blues, jazz, belly dance, jugglers,  
trick jugglers and more. Adults  
only. March 21, 8 p.m.  
The Artscape, 2627 139th Ave.

**The Drowning Girl**  
April 1, 8 p.m.  
Globe Theatre, 1801 Seers St.

**Vision and Voice workshop with Nore Clark**  
Explore principles of "telepresence" poetry writing. Innovative work in the gallery, the artist's used through visual experimentation with the human body. Elements of spoken word, poetry, performance, visual improvisation and talking circle will be explored in a group setting. No previous experience required. Bring a notebook, pen and open mind. Small informal workshop to learn up-to-date topics available.  
March 24, 2:30-4:30 p.m.  
MacKenzie Art Gallery, 3475  
Avenue St.



The Drowning Girl, showing March 22 at the Globe Theatre. Watermark Theatre's new short plays designed to spark conversations about the future of our country.

## # DANCING

**Balke dancing**  
March 16, 8-11 p.m.  
Cathedral Village Warehouse,  
2052 Albert St.

**Friday Night Dancing**  
Hosted by Adult Social Dance  
Group. \$10 per couple includes  
snacks and coffee.  
Every Friday, 8-10 p.m.  
St Mary's Anglican Church,  
2221 120th Ave.

**Mimes One Club Dance**  
Featuring Ben and Sanela  
Rudolf.  
March 20, 5 p.m. - midnight  
Regina Senior Citizens Centre,  
2334 Winnipeg St.

**Practice dance**  
Regina Ballroom Dancing Club  
March 21, 7:30-10:45 p.m.  
Laurier University Hall, 1111  
Victoria Ave.

**Swart Antwerps Ballettheater**  
230 Windsor St. N.

**Stars and Strikies**  
Wednesday, 1 p.m.  
Complex One Southland  
Mill, 3025 Goswin Rd.

**Drop-in crafts and gym**  
Free event for youth aged  
5-16. Thursday, 4-5 p.m.  
Eastview Community Centre,  
615 66th Ave.

**Drop in Indoor Playground**  
Friday 9-11:45 a.m.  
South Leisure Centre, 100  
Sunset St.

**Moze and Tot Board Meeting**  
Hosted by Kate Munley, 305-  
335-3211.

**Friday 10-13:30 a.m.** Early  
Learning Family Centre, Scott  
College, 3300 7th Ave.

**YMCA Strong Kids Mega-  
thon**  
Games, face painting, balloon  
animals, obstacle course,  
friendly snacks and more. \$3  
per person or \$10 per family.  
March 21, 9 a.m.-12:30 p.m.  
Northwest YMCA, 3035 Ingle-  
wood Blvd.

**Build and Grow Cities**  
Build a special future project.  
For children ages 5 and up.  
Saturday 10 a.m.  
Lewises, 4555 Gordon Rd.

**Mothers' Club**  
Saturday, 10 a.m.-12 p.m.  
2088 Prince of Wales Dr.

**Family Favourites Pinn**  
Enjoy a favourite film for just  
\$2.50.  
Saturday, 11 a.m. Galaxy Cinemas,  
400 McCulloch Blvd. N.

**Clicking and Tap Class**  
Beginner Rate  
March 21, 5-7 p.m.  
United Church, 177  
Sunset St.

**Spring Free From Racism**  
Family celebration.  
Cultural entertainment, food  
from around the world, dis-  
play, craft sale, face painting  
children, games and more.  
March 22, 12:30-7 p.m.  
Canadian Legion Club, 2348  
Connaught St.

**Family activities**  
Saturday and Sunday, 2 p.m.

**Saskatchewan Science Cen-  
tre, 2903 Powerhouse Dr.**

**Family Studio Sundays**  
Saturday, 2-4 p.m.  
MacKenzie Art Gallery, 3475  
Avenue St.

**Parent and Pre-schooler  
Jungle Gym**  
Monday, 9:30-11 a.m.  
At Ritchie Family Wellness  
Centre, 443 14th Ave.

**Science Time for Kids**  
Interactive workshop aimed  
at early learners.  
Tuesday, 9:30-10:30 a.m.  
Saskatchewan Science Cen-  
tre, 2903 Powerhouse Dr.

**Drop-in crafts and gym**  
Free event for youth aged  
5-16. Saturday, 4-6 p.m.  
Eastview Community Centre,  
615 66th Ave.

## # MUSEUMS

**Asia Youth School Museum**  
1903 Fourth Ave.  
Hours by appointment only  
(306-326-3600).

**Civic Museum of Regina**  
1075 Broad St.  
Tuesday-Friday 10 a.m.-4 p.m.  
Saturday 10 a.m.-4 p.m. Closed  
Sunday and Monday.

**Government House Museum  
and Heritage Property**  
4557 Dewdney Ave.  
Tuesday to Sunday, 9 a.m.-6  
p.m.

**RCMP Heritage Centre**  
3927 Dewdney Ave.  
Open 11 a.m.-5 p.m. daily.

**Regina Firefighters Museum**  
1205 Ross Ave.  
Hours by appointment (306-  
771-7774).

**Regina Royal Canadian  
1000 4th Ave.  
Open daily, 1-4:30 p.m.**

**Saskatchewan Military  
Museum**  
1000 Elphinstone St.  
Open Monday and Tuesday,  
9-5 p.m. and by appointment  
(306-363-9400).

**Saskatchewan Science  
Centre**  
2903 Powerhouse Dr.  
Tuesday-Friday 9 a.m.-5 p.m.  
Saturday-Sunday and holi-

days, noon-6 p.m.  
Closed Mondays.

**Regal Saskatchewan Museum**  
2445 Albert St.  
Open 10:30 a.m.-5 p.m. daily.

**Saskatchewan Sports Hall  
of Fame**  
2205 Victoria Ave.  
Monday-Friday 12 a.m.-4:30  
p.m. Closed weekends.

## # OTHER HAPPENINGS

**RCMP Sergeant Major's  
Parade**  
Wednesdays, 12:45 p.m.  
RCMP Depot Division, 5600  
11th Ave.

**Open session live drawing**  
Adults model. Bring your own  
drawing materials. \$12 drop-in  
fee.  
Thursday, 7-10 p.m. Creative  
City Centre, 84-83 Hamilton St.

**Science Pub**  
Isolation: The Good, the Bad  
and the Ugly. Presented by  
Dr. Zane Papadopoulos from the  
U of W Faculty of Science -  
Department of Physics.  
March 19, 7 p.m.  
Saskatchewan Science Centre,  
2903 Dewdney Ave.

**Green in Community Improv**  
March 19, 7:30-8:45 p.m.  
Heritage Community Associa-  
tion, 100-1754 11th Ave.

**Delawareans support group  
meeting**  
Guest speaker: Marlene  
Moline-Smith of the Regina  
Qu'Appelle Health Region will  
discuss exercise and outdoor  
activities.  
March 20, 2-3 p.m.  
Ontario Health Office, Regina  
Chapter, 900 Cavendish St.

**Belly, Soul and Spirit Expo**  
March 20, 3-9 p.m.  
March 21, 10 a.m.-7 p.m.  
March 22, 11 a.m.-6 p.m.  
University Centre, 10th  
Place.

**Self-reliance and movie night**  
Schiffel's supper. Followed by  
screening of American Graffiti.  
Fundraiser for the German  
Club. \$10. Call 306-326-5877.  
For tickets:  
March 20, 6 p.m.  
German Club, 1737 St. John St.

# EVENTS

**Regina Perseus (Midwest)**  
Saturday 9 a.m.-1 p.m.  
2006 Huronian St.

**Free market and garage sale**  
March 31, 9 a.m.-3 p.m.  
Huron County, 925 McKee St.

**Biggie tournament**  
\$25 per team. To register, call  
320-769-0506 or 320-789-  
0639 March 31, 10 a.m.  
Recreation Room Catholic  
Church, 3155 Kensington Park Rd.  
(next door)

**Diabetes conference and  
treasure show**  
Featuring three guest speakers  
and a 30 beach bike  
show directed at Type 1, Type 2  
and pre-diabetes. Register  
at diabetesuk.  
March 31, noon-4:30 p.m.  
Dulles hotel, 1939 Gaith Dr.

**Spring Super!**  
Horn and scalloped potatoes.  
\$20 for adults. Call 305-522-  
5027 or 305-543-4650 for  
tickets.  
March 31, 5-8 p.m.  
Westminster United Church,  
3303 13th Ave.

**Awards Supper, Dance and  
Banquet**  
Hosted by the Italian Club-Fish  
and Game Association. Tick-  
ets \$25, call 305-523-6161.  
March 31, 5 p.m.  
Cassidy's Italian Club, 3148  
Cromwell St.

**Blair Park Rural Flyers**  
Eriks, seaplanes and prom-  
otion plays are encouraged by  
all. Meet the flyers or order  
for more information contact  
Rhonda at 305-769-7385.  
March 31, 2-4 p.m.  
Explos Club Hall 1650 Halifax St.

**Philosophy Café**  
What is due to what we  
need, presented by Dr. Robert  
Piercy  
March 31, 7:30 p.m.  
The Aristocrat, 2637 13th Ave.

**Chess/Dart Challenge**  
Drop-in challenge of board  
game enthusiasts  
Tuesday 6 p.m.-midnight  
Easton-Pine, 545 Albert St. N.

**Anger Workshop**  
Topics include understanding  
different forms of anger, how

Anger Develops Relationships  
and how to Release Anger. For  
more information, call Eric  
Matus at 305-789-1234, \$25 per  
person or \$40 per couple  
Regina Apostolic Church, 806  
Angeline Ave. E.

## FILM

**Cinema Pelitica Regins**  
Bott and Life live classes  
Regins' destruct his business  
practices concerning water  
conservation.  
March 18, 7 p.m.  
Artful Dodger, 1581 1st Ave.

**Two Dees, One Night**  
Drama.  
Gunnies, a young Filipino  
mother, discovers that her  
workmates have opted for a  
significant pay bonus in ex-  
change for her dismissal. She  
has only one weekend to con-  
vince her colleagues to give up  
their bonuses so that she can  
keep her job in English and  
blend with English subtitles.

**Toni and Nicola**  
Comedy/Drama  
Making the most of the family  
heir while her parents are  
away, 22-year-old Nicola is  
enjoying a peaceful summer in  
Spain with her friends. When  
her father's older brother  
shows up with his band to  
record an album, this girl  
confronts the truth to the  
band. Their vacation takes an unex-  
pected turn, punctuated by  
short work. Nicola's growing  
romance with the band's  
keyboardist is a 10-year-old  
in French with English subtitles.

**Regina Public Library Theatre**  
2311 12th Ave. / 305-777-0704

**Island of Lemons: Madagascar**  
Documentary  
Join award-winning Petrina Wright  
on her life-long mission to help  
endangered lemurs survive in  
the modern world. Narrated by  
Madagascar filmmaker.

**O-Say 30th Anniversary 1944**  
Documentary  
On June 6, 1944, the largest  
Allied operation in the Second  
World War began in Normandy,  
France. This film gives us a  
new perspective look at this  
moment in history, blending  
multiple cinematic techniques.

including animation, CGI, and  
live-action images.

**Journey to the South Pacific**  
Documentary  
Narrated by Kate Winslet,  
this is a breathtaking ad-  
venture to the lush tropical  
beauty of remote West Papua,  
where life flourishes abun-  
dantly and before the eyes, join a  
young filmmaker, who takes us  
on a journey of discovery to  
this magical place where we  
encounter whale sharks, sea  
turtles, manta rays, and other  
bizarre creatures of the sea.

**Kramer vs.**  
2903 Powerhouse Dr  
305-522-4629

## NEW MOVIES

**The Gleaners**  
Thriller  
An international spy named  
Martin Lester (Sean Penn)  
wants to settle down with  
his longtime love (Julianne  
Moore). The organization he  
works for makes things dif-  
ficult for him so he has to  
go on the run across Europe to  
escape them.

**Insurgent**  
Thriller  
This (Shailene Woodley), Fear  
(Theo James), Cold (Daniel  
Craig), Peter (Miles Teller),  
and their Father (Morgan  
Sperberman) take refuge at  
Annapolis. This film is a  
thriller. The group finds America's  
no-warriors is difficult to  
live with and they soon find  
themselves on the run again  
after the best friend  
young adult novel inspired by  
Veronica Roth.

**Galaxy Cinema**  
430 McCarty Blvd. N  
305-522-9035

**Cineplex Cinema**  
Southland Mall Cinema  
3035 Gordon Rd., 305-525-3363

**Reinbow Cinema**  
Golden Mile Shopping Center  
3408 Albert St. 305-526-5265

**Eventful**  
This is a film recently  
screened at the Regins. It  
is a film about the world  
population in 2050. It is a  
documentary film about the  
world population in 2050.

## #CROSSWORD

### NEW YORK TIMES Edited by Will Shortz

#### ACROSS

- 1 Check of "West the  
Wind"  
5 Sublight Game  
Chapman \_\_\_\_  
6 What the "Guns" focus  
14 Live-action images

- 15 "You just down my  
mind!"  
16 "I'm a neighbor"

- 18 "Golden Globe" group  
took "Academy" group  
to the lush tropical  
beauty of remote West Papua,  
where life flourishes abun-  
dantly and before the eyes, join a  
young filmmaker, who takes us  
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- 20 "Golden Globe" group  
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- 22 "Golden Globe" group  
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- 24 "Golden Globe" group  
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- 26 "Golden Globe" group  
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- 28 "Golden Globe" group  
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- 30 "Golden Globe" group  
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- 32 "Golden Globe" group  
took "Academy" group  
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young filmmaker, who takes us  
on a journey of discovery to  
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encounter whale sharks, sea  
turtles, manta rays, and other  
bizarre creatures of the sea.

- 34 "Golden Globe" group  
took "Academy" group  
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beauty of remote West Papua,  
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bizarre creatures of the sea.

- 36 "Golden Globe" group  
took "Academy" group  
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- 38 "Golden Globe" group  
took "Academy" group  
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- 40 "Golden Globe" group  
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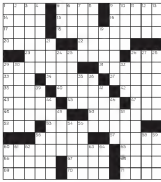
- 42 "Golden Globe" group  
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- 44 "Golden Globe" group  
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- 46 "Golden Globe" group  
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- 48 "Golden Globe" group  
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- 50 "Golden Globe" group  
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turtles, manta rays, and other  
bizarre creatures of the sea.



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Solution to the  
crossword puzzle and  
the Sudoku can be  
found on Page 19





# OUTSIDE THE LINES

## # Colouring contest

Each week, artist Stephanie McKay creates a timely illustration meant to please lots of all ages.

Children can colour the page, have a picture taken with the finished product and e-mail to [leaderpost.com](mailto:leaderpost.com). One winner will be chosen each week.

Please send **high-resolution pictures** and include the child's name and contact information.



Last week's QC colouring contest winner was **Parvinder Singh, Congrats Dabney!** Thanks to all for your colourful submissions. Try again this week!



Refine  
Bacon  
Baconator

**THE ULTIMATE CANADIAN Combo**

with Wendy's Ultimate Canadian Combo you get it all in a Baconator™ with lots of bacon and poultry.

**VISIT US AT THESE REGINA LOCATIONS:**  
 • 2105 VICTORIA AVENUE EAST • 205 ALBERT STREET

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**Wendy's**

# SHARP EATS

# SASKATCHEWAN FOOD SCENE

## Nine tools you need to create a chef's dream kitchen

By Jenn Sharp

To be a decent home chef, you need a few tools at the ready. Equip your kitchen with a good set of basics and it'll help make cooking easier and easier cooking makes for a less-stressed chef.

Simon Reynolds, who took home the bronze at Gold Medal Plates last year, shared his favourite kitchen accessories for home chefs. Reynolds runs Reynolds Fine Foods, a catering and bakery business in Saskatoon. He's also taught cooking classes (which are regularly sold out) for years on everything from vegetable food.

He knows firsthand the challenges home chefs face. Deciding what to buy on a limited budget isn't easy. Most of his recommendations are in the \$50 range; you really don't have to spend a lot of money to get some proper tools. When it comes to knives though, think of it as an investment and spend as much as you can afford. Good quality knives will last a lifetime if treated right.



### KNIVES

You can buy cheap knives but they won't last as long.

"Knives are your tools. You can't cook without good knives," says Reynolds who bought his big chef knife at your age.

"If you buy quality, it'll last you forever. Then you get to know it — a lot of it is grip weight and what you feel comfortable with. It's like driving a car. You're going to drive something that's comfy and works for you."

To ensure your knives last, don't put them in the dishwasher. The heat and chemicals will eat your knives, hand wash in hot soapy water.

Keep your knives clean and sharp. You don't need to worry about using stainless steel knives (but you should sharpen them).

Use a steel to give your knife a quick honing every time you cook.

When you cut something, you're folding the edge a bit — sharpening brings the edge back to the center as a notch, ease even pressure. They work especially well for making pasta and poultry.

"When you roll with this, it doesn't matter where you hold it. It will roll around. These are designed to roll flat with little pressure," says Reynolds.



### CUTTING BOARD

Wood cutting boards tend to crack and dry out easily. To help them last longer, rub a food grade mineral oil onto the board.

It's best to have a designated meat board — plastic is good because it can go in the dishwasher.

Glass boards are good for hygiene but kill your knives.



### FOOD MILL

It's similar to a mortar but you can make more products in it and it's easier to crank than a mortar, too.

The food mill is about \$60 and works well for making baby food pur-

ées, soups and mashed potatoes.

### FRENCH PINS

These tapered rolling pins are about \$50 but come

paired so the ones with handles, they have the edge back to the center as a notch, ease even pressure. They work especially well for making pasta and poultry.

"When you roll with this, it doesn't matter where you hold it. It will roll around. These are designed to roll flat with little pressure," says Reynolds.



### MICROPLANES

Use these for grating parmesan, chocolate citrus and ginger and garlic. Different ones are suited for dif-

ferent products and are cheap (under \$15).

"Rather than spending all that time chopping garlic, you can use a fine microplane and it'll come out pureed. It saves lots of work."

### PARISIAN SCOOP

Use a Parisian scoop (also called a melon baller) to make pretty fruit plates for brunch or breakfast. You can also use it for non-fruit, gold leaf carrots or any other vegetable you want to make look a little different.

"It just gives you some different options for shapes and sizes," says Reynolds.

The scoop works well for making a whole lot of truffles too — dip it in, hot water, scoop out your truffle, then roll it to get a perfectly round ball.



### HIGH HEAT SPATULAS

Dishwasher friendly and with a notch to fit on a serving dish, these

flexible spatulas won't melt in soups or stews.



### PEELER

"These are speed peelers," he says of the Swismade plastic peeler. Reynolds found it in a specialty kitchen supply store for about \$20. "They're easy on the wrists. These are what chefs would use in the kitchen."



### SCALE

When recipes call for an accurate weight measurement, you need a scale, especially when you're baking.

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